

Getting Started with Coach180

Introduction

Coach180 is a mobile App for the management of a Rugby Squad of Players and is available from the Apple and Google App Stores. Download links are provided here: www.beyond180.com/app-download

Coach180 is aimed at the following users:

Staff: Coaches, Managers, Trainers, Medical Therapists. Staff can manage and view all data, except any other Member's personal account information

Players: Players manage their own account and information and may view all information relating to the Squad as a whole as well as their own personal performance data

Fans: Friends, Family and Supporters who wish to see a Squad's upcoming events and results

All users must download the App and create a personal account using an email address and password to access the platform.

Basic Structure

The App is 'divided' into the following areas:

1. Squad Database
 - a. A Squad is made of up Players who can then be organised into Teams for ease of management and communication.
 - b. Teams can compete in Leagues and you can link to the Leagues website page for extra information, such as tables, other fixtures etc.
 - c. For Matches/Games any player from the whole Squad may be 'selected' into a Team for that particular event.
 - d. A Players health status may be entered and is used in the selection of Teams for games.
 - e. Statistics based on Game results may be entered and stored against both the Team and the individual Player.
 - f. In subsequent releases of the App these statistics will be fed automatically from video analytics and other sources.
2. Schedule
 - a. This is a calendar of events. Events maybe:
 - i. Meetings

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- ii. Practices
 - iii. Games
 - b. The whole Squad, Teams or individual Players may be invited to these events and may respond making their availability known to the Staff through the App.
 - c. Games are a specific type of Event where the Coach can select the match day squad specifically.
 - d. Fans may see the Calendar of Events
3. The House™
- a. This is performance monitoring tool allowing Coaches to assess and manage their players and Squads' development over time. For more information see <http://www.beyond180.com/thehouse>
 - b. Players may see their own performance assessment but not others.
 - c. In subsequent releases of the App data from training sessions and gym work will feed into this assessment and rating system

Getting Started

Create your Account

The App will prompt you for a username and password for your Coach180 Account.

This should be a valid email address as your username and a password of your choice.

Once confirmed your Account is created.

Update your Profile

Once you have an Account you may update your Profile. This includes items such as your first and last name, contact phone numbers, height/weight etc.

You may also add a picture which will help other users identify you.

Once an Account has been created a user may either create a new Squad or search for, and apply to join an existing Squad, as either a Staff Member, a Player or a Fan.

Note: if a Staff member has already added you to their Squad in advance of you registering an account (see below), then you will be automatically added to that Squad as soon as you create your Account, provided the email addresses match.

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Create a Squad

Follow the prompts to create a Squad. You may add information to identify the Squad including adding a Logo if you wish.

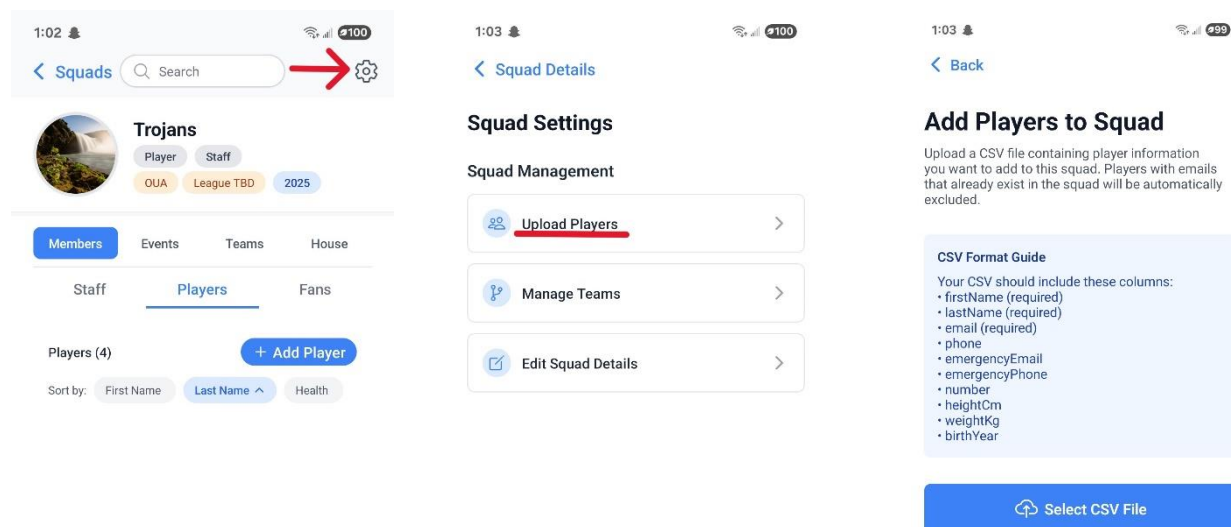
If a user creates a new Squad, then they are automatically the first Staff member of that squad.

A Staff member may then:

- Invite other Staff members
- Invite players to join the Squad – this can be done individually or via the bulk upload tool, or
- Approve Players if they request to join the squad
- Manage Fans

Bulk Upload

It is expected that many Coaches will already have some sort of database of their players, possibly in a spreadsheet, and will not want to go through the hassle of entering each player manually and their associated information, so we provide a bulk load option. This can be found under the settings menu for Squads. The settings menu appears as a 'Cog' on top right of Squads main screen.



Simply export your existing data from your current database/spreadsheet as a standard CSV file in the format described. Please note that the first 3 fields are required by the platform to create the

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record, but none of others are necessary, but if you do have any of this information already available for some or all of your Players you can bulk load it all at the same time.

Your CSV file should look like this:

```
firstName,lastName,email,phone,emergencyEmail,emergencyPhone,number,heightCm,weightKg
Gavin,Friend,gavinfriend@icloud.com,777-999-0202,gavinsmum@gmail.com,777-999-0203,7,185,88
Hudson,Flanker,hwflanker@gmail.com,999-555-5555,,,6,190,99
Shane,Winger,shanewinger12@gmail.com,677-688-4555,,,14,196,66
Nolan,Lock,thenolanlock@gmail.com,599-499-3999,,,4,200,117
```

Note here that the Player's email address is mandatory for the bulk load because other Player data is also being entered. Then, when that Player creates their account on the system using that email address they will be automatically approved, assuming the email addresses match, and will be linked and added to the Squad. The reason why email address is used is to protect against there being members with the same name in a squad and also allowing for Names to potentially change or be corrected in a Profile.

Add Players Individually

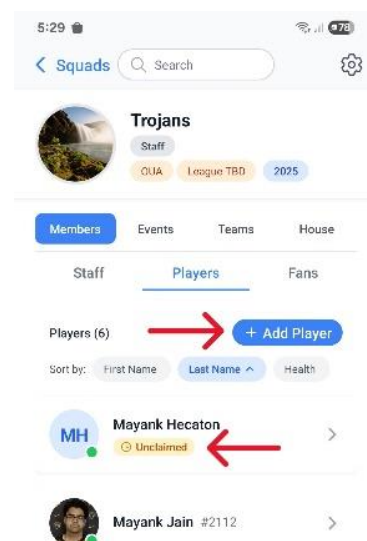
If a Staff member/Coach does not have all the information about a Player, including their email address, but wants to start creating their Squad, then a 'placeholder' can be created ready for a Player to later 'claim'.

In this case the Coach simply chooses to 'Add a Player' to his/her Squad and enters as little or as much information as they wish.

If the Staff member does know and can add an email address and a Player registers an account with that same email address they will be automatically linked.

If no Account yet exists on the platform for the email address added or if no email address is added, then the Player record will be highlighted as 'unclaimed'.

A Player must request to 'claim' that Player record when they later create an Account and request to join the Squad. In this case the Staff member can then approve the request (see below).



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Approve Player requests

If a Player registers an account and their email address has already been included in a Player record in a Squad by one of the methods above, then their Account and Profile will automatically be assigned to that Squad.

If not, they may search and find a Squad and apply to join. When they do, they will be shown a list of all 'unclaimed' Player records that exist for that Squad that have already been created by the Staff.

They may either choose an existing unclaimed Player record or simply apply to join to the Squad as a new Player.

In both cases a request will be made, and the Staff will see this request on the Staff tab for that Squad and may approve or reject the request.

Joining a Squad

Once your account is created, and assuming you don't want to create your own squad, then you need to join an existing Squad, either as a Player or a Fan.

Join a Squad as a Player

If a Staff member has already added you as a Player, and your email address used to create your account matches then you will be automatically added to that Squad.

If not, you may search using the search facility to find a Squad and you may apply to join. When you do, you will be shown a list of all 'unclaimed' player Profiles that exist for that Squad that may have been created manually by the Staff.

You may either choose an existing Player Profile or simply apply to join to the Squad as a new Player.

The Staff members of that Squad will be notified in the App and can accept your request to join.

Join a Squad as a Fan

You may join any Squad as a Fan. This allows you to view Events and Game Statistics for that Squad only. Staff members will see Fans as they join and may manage as they see fit.

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Using the App

Once a Squad is created and Players and Fans added the App may then be used to:

Manage Staff, Players and Fans

Manage Squad Events

Assess and Track Players and Team Statistics

Assess and Track Player Development

Advice on how to perform all of these functions will be covered in the Coach180 User Guide which will be found on our website at www.beyond180.com/app-download

Contact us

If you have any questions about the Application, please contact us via email at:

info@beyond180.com